

August Topic: Preventative Health

Give your brain (and mood) a boost

Whether you are recovering from a physical or psychological wound, injury, or illness, a rested brain will help keep you emotionally and mentally strong. Good sleep has been shown to lead to high levels of positive emotions, more creativity, better critical thinking skills, and improved vigilance; whereas poor sleep quality has been linked to more negative emotions (such as loneliness, anger, and grief) and less positive emotions.

Recover faster

Quality sleep can give you the strength you need to heal. For example, quality sleep speeds recovery from a traumatic brain injury, including decreasing post-traumatic headaches and improving response to rehabilitation. It also improves symptoms of depression and post-traumatic stress disorder.

Perform better

Sleep is necessary for optimal physical performance, whether you are participating in a sport, getting the most out of physical therapy, or keeping up with your kids. A good night's sleep can improve focus, reduce the risk of fatigue and low energy levels, and help recover from physical activity.



Presented by NHCH Health Promotion
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